

ASHBURNHAM COA NEWSLETTER

September 2021

32 Main Street

Ashburnham, MA 01430

**SENIOR CENTER HOURS: Monday through Thursday 9 AM – 2 PM CLOSED ON FRIDAY.
978-827-5000**



Calendar of Events

- *Painting class*: Mondays 12:30 – 2:30: This will be an open class with both acrylic and watercolor. Come learn from each other.
- *Card class*: 10:00 -12:00: 9/14/21 & 9/28/21
 - *Pickleball*: Wednesdays 9:30 – 11:30
 - *Line dancing*: Thursday 10:00 – 11:00
 - August 30: COA Board meeting 11:00 am
- September 7: *Blood Pressure clinic* resumes 10:00
- September 7: *Wineries & Waterfalls presentation/fun* 11:00
- September 9: Thursday *Senior Medicare Patrol Program* 11:00
- September 13: *Forever young Club Meeting/Entertainment "Take Jazz"* 12:30
- September 28: *Tuesday Grab N Go Oktoberfest* 11:00 – 12:00 Westminster Senior Center
- October 18: *Health Fair* 11:00 am – 1:00 pm (Modified/Limited)

Supporting friends and family with depression:

It is important to know that family and friends can be supportive of their loved ones, but depression should be treated by a professional. The following is a list of ways to support a loved one with depression.

- Encourage the person to seek medical treatment and stick with the prescribed treatment plan.
- Help set up medical appointments or accompany the person to the appointments.
- Participate in activities the person likes to do.
- Ask if the person wants to go for a walk or other form of exercise.

If you are experiencing signs and symptoms of depression, it is important to talk with your doctor.

Information adapted from the CDC and National Institute on Aging. For more information on depression and older adults visit <https://www.nia.nih.gov/health/depression-and-older-adults>

Virtual Road Trip Series

*Presented By:
Michele Morin,
Community Relations*



This Day Trip Will Take You To The Best Wineries & Waterfalls In Massachusetts

What could be better than a day trip that takes you to some of
Massachusetts' most beautiful waterfalls?

Ashburnham Senior Center

Tuesday, Sept 7th

11:00am

Sign up early.
Space is limited to
20pp max



*Light refreshments will be served.
Printed program and handouts will be available*



COMMUNITY SERVICES AND INFORMATION

- **SHINE:** Counselor available. Call senior center to make appt or discuss over the phone with Shine counselor.
- **Community Legal Aid of Central MA** – Free 855-252-5342 or www.communitylegal.org
- **Food Stamp Program (SNAP)** - 978-665-8700
- **Fuel Assistance** – 978-342-4520 (NEFWC); 978-342-9407 (Salvation army); 877-563-4645 (Joe for Oil).
- **MEALS ON WHEELS** is offered Monday, Wednesday & Thursday. Call 978-345-8501 Ext #2 to register.

FREE MEDICAL EQUIPMENT LOANS

CALL OR VISIT THE COA FOR AVAILABILITY. Depends, canes, commode, walkers, etc...

HAVE QUESTIONS ABOUT MEDICARE COVERAGE? INSURANCE NEEDS?

MEET (OVER THE PHONE) WITH SHINE COUNSELOR TO GET YOUR QUESTIONS ANSWERED.

COA DONATIONS

The Senior Center has a VERY tight budget. So, any financial support will go a long way!

How to Donate:

We are often asked how folks can donate to the COA. Interested parties can make a check out to the **Town of Ashburnham** and include a note that indicates that you would like your donation to go to the **COA donation Account**.

Your donation can be dropped off at our offices located in the Town Hall or mailed to: 32 Main Street, Ashburnham, MA 01430 Attn:

COA Donation Account

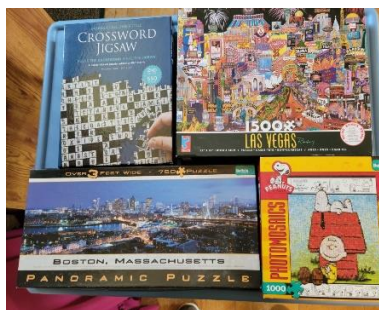
Your donation is considered tax deductible.

A Gift in Your Will

I give and bequeath to the Town of Ashburnham-COA Donation Account in Ashburnham, Massachusetts the sum of \$_____or _____% of the rest, residue and remainder of my estate to be used for the benefit of the seniors of Ashburnham, Massachusetts.

~~~~~

**New Puzzles, New board games & and full closet of gently used clothing, all sizes, men & woman. Also, rice, beans, applesauce, etc.... Come look around.**



**Hospital bed available (free) in Gardner. Call to enquire.**

### COA Board Members

The Ashburnham council on aging is seeking board members. There are currently three open vacancies. Members are required to be Ashburnham residents.

### SHRINER'S HOSPITAL

We have a wonderful volunteer who drives to Shriner's hospital to drop off can tabs as a donation to the children of Shriners. Don't throw those can tabs away. We will give to volunteer veteran Dan on a monthly basis.



Thank you to Growing places and Heywood food for families for their hard work and diligence delivering food to those in need.

### FILE OF LIFE

Pick up your updated file of life cards today to place in your home and vehicle.

## TRANSPORTATION

Vans are doing regular runs to medical appointments and shopping to Gardner and other local towns. Please call ahead to schedule a pickup.

Medical trips to hospital and medical centers in Worcester can also be arranged. Thursdays are special shopping trips to Athol: Market Basket, Hobby Lobby. Bring a friend and have some fun. Assistance with loading and unloading packages will be available.

If you are sick with anything, please stay home and get your rest!

## News from SHINE for September 2021

Look for important mail from your drug and health plans

It's that time of year... if you have a Medicare Part D Prescription Drug or Medicare Advantage plan, your plan will mail you a document called the Annual Notice of Change (ANOC) by the end of September.

The ANOC is a summary of changes to your plan for 2022. Your costs (premiums, deductibles, and copays), covered medications, and provider networks may change from year-to-year. Make sure you read this important document and think about whether your plan will continue to meet your needs. If you do not receive it in the mail, call your plan and request another copy.

If you would like to change your plan for 2022, you may do so during the annual Medicare Open Enrollment Period. You may make changes to your coverage between October 15th and December 7th, and the changes will take effect January 1st. SHINE counselors can help you to understand changes to your current plan, as well as discuss other options you may have. Don't wait: if you would like to meet with a SHINE counselor during open enrollment, make your appointment early!

SHINE (Serving the Health Insurance Needs of Everyone) has certified counselors to help you with questions about Medicare. Our services are free and unbiased: we are available to discuss all options related to Medicare and additional coverage, and we do not sell any plans.

To make an appointment, call your local senior center, or contact the Central Mass SHINE Regional Office at 508-422-9931 or by email at [info@shinema.org](mailto:info@shinema.org). A certified SHINE counselor will return your call. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom or FaceTime), email, or postal mail. We also offer excellent resources online through our website at [www.shinema.org](http://www.shinema.org) and our introductory Medicare 101 webinars.



**PENSION Action Center**  
SERVING NEW ENGLAND AND ILLINOIS

**PAC provides free assistance  
to people in Illinois and New England.  
Call 1-888-425-6067 for assistance.  
Or visit  
[www.umb.edu/pensionaction](http://www.umb.edu/pensionaction).**



# Protect Yourself From **MEDICARE FRAUD!**

*A free informational Medicare workshop*

**Thursday, September 9, 2021**  
**11:00 a.m. to 12:00 p.m.**



Healthcare errors cost consumers and Medicare billions of dollars annually! Join us at this free workshop when a representative of the Massachusetts Senior Medicare Patrol Program provides us with tools to become better educated and engaged health care consumers to help protect ourselves and our loved ones from Medicare fraud and deceptive marketing tactics.

## **Ashburnham Senior Center**

32 Main Street, Ashburnham, MA 01430  
To reserve a space or for more information call 978-827-5000

This program is supported in part with ACL grant no. 90-MP0226-001-00.



**TUESDAY  
SEPT. 28<sup>TH</sup>  
11 AM-12 PM  
WESTMINSTER  
SENIOR CENTER**

**JOIN US AS WE CELEBRATE  
NATIONAL SENIOR CENTER MONTH  
WITH AN OKTOBERFEST GRAB & GO  
SPONSORED BY OUR FRIENDS AT  
THE GABLES ASSISTED LIVING  
GARDNER REHAB & NURSING  
CARE CENTRAL VNA &  
FALLON HEALTH**

## **GRAB & GO SWAG BAGS**

***Your gift will include:***  
Lots of Company Goodies  
Oktoberfest Swag  
Facts & Trivia  
Bavarian Soft Pretzel,  
German Dessert,  
and for the over 21 crowd  
a can of  
Oktoberfest Beer!



Care Central VNA  
& Hospice, Inc.  
*Helping in Your Neighborhood*